

Message from the IPTOP President Hans Hobbelen

Dear IPTOP members,

The end of the year 2022 is near and this is the perfect time to look back as well as forward. 2022 was a year in which we gradually went back to 'normal' life after two years of the Covid-19 pandemic. Although we still see and feel the impact of this pandemic in many areas of the world, slowly we are getting a grip on the virus. The negative effects of measures taken to control the virus were particularly felt by the older population with a decrease in physical functioning and social connectedness. The pandemic showed us how resourceful our physiotherapeutic community was in acting quickly and effectively to minimize these negative effects. Physiotherapists around the world showed how important our profession was in times in which most attention was directed towards disease control and not towards prevention of negative side effects of the measures taken. Additionally, in combating chronic long-covid syndrome, physiotherapists emerged as essential healthcare professionals. I'm proud of all of you in the field and I'm very pleased that we as the IPTOP community were able to gather information and knowledge gained around the globe and share it with all our members. The value of an international association like IPTOP became particularly evident during these years.

This past year our Education Committee organized a very successful webinar on physical activity for people with dementia by Dr. Riona McArdle. This can be still viewed on our own IPTOP YouTube channel where it has had 999 views to date! More educational and clinical resources can be found at our website (<https://www.iptop-physio.org/resources/> or <https://www.iptop-physio.org/education/>)

In June the Executive Board gathered for two days in Groningen, the Netherlands. The most important topics discussed were the alignment of the IPTOP constitution with the rules of governance of World Physiotherapy. Furthermore, we discussed and decided on the modernization of IPTOP awards, scholarships, and grants. We have established the IPTOP Education Award, the Dr. Raymond Finlay award and the IPTOP award.

The purpose of the Education Award is to facilitate members' knowledge exchange at professional conferences, through supporting a poster or platform presentation which covers a topic in older person's physiotherapy. The funding is for up to \$500 USD to assist with the cost of conference attendance for the presentation, which could include registration fees, travel, or accommodation.

The purpose of the IPTOP Raymond Finlay Award is to support only our younger members (aged 30 or under) to attend a World Physiotherapy Congress and delivering a poster or a platform presentation in relation to Physiotherapy with Older People. The award is for up to £350 (Sterling).

IPTOP may grant an award for a specific or significant contribution to knowledge exchange in older people's physiotherapy. This will be for \$250 USD and IPTOP may grant up to four such awards a year. These may be linked to events, such as a poster award at World Physiotherapy Congress, or for specific publications such as a paper or thesis publication.

More information can be found here <https://www.iptop-physio.org/about-us/iptop-awards-scholarships-and-grants/>

In 2022 two new members joined IPTOP. The subgroup of physiotherapists working with the elderly, The Polish Chamber of Physiotherapists, and the Hong Kong Physiotherapy Association. Very welcome to IPTOP.

Finally, I like to look forward. From June 2nd to 4th the physiotherapy World Congress will be held in Dubai. IPTOP will be present. On June 2nd we will hold our General Meeting. This will be a hybrid session to enable all our members to attend. In the General Meeting, the election will be held on all Executive Committee positions except for the Treasurer. Janet Thomas (Secretary) and I as President will run for a second term. Furthermore, the two new IPTOP members (Poland and Hong Kong) will be officially ratified to IPTOP.

Next to the General meeting, we will hold a networking session and man a stand at the exhibit hall. Our Education Committee was accepted to organize a seminar on strength and power training in older people.

I'm looking forward to meeting you all next year!

Merry Christmas and a Happy New Year to you all!

Hans Hobbelen, President IPTOP

Message from the Communications Manager Helen Johnson

Here we are again at the close of another eventful year. Our communications efforts have continued to focus on the enhancement and ongoing development of the IPTOP website. It is shaping up to be a great resource to our members. Our dedicated Communications Committee members are Jan Tessier (Belgium) and Rachael-Walton-Mouw (USA) and I thank them for their ongoing support.

As we approach the IPTOP General Meeting 2023 in Dubai, I would like to thank the IPTOP Executive Committee for the opportunity to serve in supporting IPTOP Communications these past years. Having served for two terms, I am stepping down at the AGM to provide an opportunity for other members to join the Executive, and realize numerous benefits of participating in the leadership of IPTOP. Please look out for the nominations package and consider serving in this position! There has also been a standing call for additional members to serve on the Communications Committee. We need your help to support our social media and other communications, such as more frequent IPTOP Newsletters to share information to our members. I am happy to continue to provide support to the team on an informal basis going forward.

Wishing everyone a peaceful holiday season and a healthy and prosperous new year.

Helen Johnson, IPTOP Communications Manager

Late-breaking abstracts are being accepted for the first time!

If your results were not available for the main call for abstracts, this is your chance to submit and have your project presented at congress.

Submission will be open 25 January to 3 February 2023

For abstract submission, and information on in-person or online registration, visit the

Congress website:

<https://wp2023.world.physio/#/home>

IPTOP activities at World Physiotherapy Congress, Dubai

1. Pre-Congress Course, June 1, 2023 (Full day)

Location to be finalized

XC – 04 Multisensory rehabilitation programmes for balance disorders: an introduction

Target audience:

Physiotherapists working in a broad range of disciplines, especially those working with older people, with neurological deficits, vestibular issues, falls or postural control issues

Level of learning: Introductory

Summary of session format:

Session 1: An introduction to the balance system and postural control.

Session 2: Understanding impairments and assessing postural control and gait

Session 3: Applying postural control models for the design of multi-sensory rehabilitation programmes

Learning objectives:

Discuss models of postural control and identify how different disease states impact upon postural stability

Apply postural control models to create comprehensive balance assessments for different patient cohorts that present with balance dysfunction.

Develop holistic strategies to support balance rehabilitation in different patient cohorts, and frame these within the context of a postural control model.

Presenters:

Janet Thomas (United Kingdom)

Matthew Liston (United Kingdom)

Marousa Pavlou (United Kingdom)

2. Seminar SEM-05 (date to be determined)

Intensity of training for older adults

This seminar is designed to help physiotherapists understand the benefits, training principles, and safety issues of training with intensity when working with older adults. Indeed, choosing the correct exercise intensity is key to achieve best outcomes in the rehabilitation of older adults. The seminar will focus on two important exercise interventions in older people: balance training and muscle strength training.

Objectives:

To explain the link between training intensity and rehabilitation outcomes in older adults.

To identify appropriate methods to measure intensity for balance and strength training in older adults.

To explore opportunities to enhance communication and engagement with patient/clients about the intensity of exercise programmes.

Chair: David Beckwée (Belgium)

Presenters:

Melanie Farlie (Australia)

Margaretha van Dijk (Belgium)

Yukio Urabe (Japan)

3. IPTOP General Meeting: 2 June 2022, 1–2 pm UAE

In-person and online access will be available through Zoom

Agenda: IPTOP Constitution update approval

Executive Committee elections

Call for nominations

The posts up for election or re-election are:

President: Hans Hobbelen standing for re-election

Vice – President

Secretary: Janet Thomas standing for re-election

Communications Officer

To submit nominations, please see the nominations package on your IPTOP MCR Google Drive

4. IPTOP Networking Session NWS–15

Chairs: Hans Hobbelen (Netherlands) and Susan Hunter (Canada)

Network with your colleagues who share a common interest and explore:

- knowledge gaps, and the challenges and opportunities in the area of interest
- commonalities and differences in different cultural/health/policy settings and what can be learnt from them

- new developments that might have an impact on your work
- ways to continue connecting, for example via World Physiotherapy conferences, subgroups or social media
- collaborative opportunities, also inter-professionally, to advance education, practice, research and policy
- plans for future projects

Networking sessions will not be recorded and added to the online event due to the nature of the session format.

5. IPTOP Social Event: in planning stages

An evening out for a meal and friendly networking is being planned. More information to come soon!

6. IPTOP Stand

We will have a display to provide information exchange to current and new prospective members.

Come and see us in the exhibit hall!

We look forward to seeing you at Congress!